

How to choose...

DRESSING

				Per 20ml serve		Per 100ml (sorted by fat)					First 3 ingredients	Taste comments	
	Size ml	Price*	Price per 100ml	Energy (kJ)per 20ml serve	Sodium (mg) per 20ml serve	Energy (kJ)	Fat (g)	Saturated (g)	Sugars (g)	Sodium (mg)	First 3 ingredients	Taste comments	
Anathoth Raspberry & Vinegar		275	\$4.99	\$1.81	46	<1	229	<1	<1	13	<5	Wine inegar, raspberries (19%), sugar	Tart vinegar with sweet raspberry kick; a different fresh taste
Eta Lite & Free French Dressing		250	\$2.59	\$1.04	62	147	310	<1	<1	16	735	Water, sugar, food acids	Nice herb flavour with vinegar tang
Cotterill & Rouse Balsamic Dressing		250	\$5.99	\$2.40	83	142	416	0.3	0	22	709	Water, balsamic vinegar (29%), sugar	Subtle garlic, onion & herb flavour adds depth; both sweet and zesty
Weight Watchers Mayonnaise		400	\$4.20	\$1.05	97	128	485	1.9	0.3	18	640	Water, white vinegar, sugar	Tangy and creamy; rich for a light mayo
Eta Lite & Free Sour Cream & Chives Dressing		250	\$2.90	\$1.16	115	116	575	4.6	1.2	19	580	White vinegar, water, sugar	Light texture with subtle sweet tangy flavour
Paul Newman's Lighten Up! Light Sesame Ginger Dressing		250	\$4.36	\$1.74	166	297	830	14.6	1.8	14	1485	Water, vinegar, cane sugar	Ginger and sesame flavours well balanced
Eta Condensed Milk Style Dressing		400	\$3.79	\$0.95	333	117	1665	25.2	4.2	37	585	White vinegar, sugar, skim milk	Reminiscent of mum's dressing! Thick and creamy
Heinz Mayonnaise, Traditional Egg		250	\$3.11	\$1.24	358	214	1790	41.9	7.0	11	1070	Soya bean oil, water, sugar	Traditional creamy mayo; you can taste the egg
Just Mayo Chefs Selection Honey & Mustard Aioli Mayonnaise		240	\$2.99	\$1.25	440	19	2200	54.0	4.1	12	96	Canola oil(49%), water, vinegar	Light texture; rich flavour but not too thick
Paul Newman's Creamy Caesar Dressing		250	\$4.36	\$1.74	456	190	2280	58.9	8.9	2	950	Soyabean oil, water, lemon juice	Very rich and creamy; mild pepper kick

*Purchased at Woolworths Grey Lynn and New World College Hill Nov 2006. (These examples were chosen to illustrate the types of products available in supermarkets. There are many more).